

The Arrival Teen Deployment Edition

USS ENTERPRISE Ombudsmen Team



Dear Teens & Sailors,

The purpose of this newsletter is to provide specialized information to you, our teens, and to your USS ENTERPRISE sailor about to deploy. This edition of **The Arrival** can be a great resource to help in developing teen/family goals, and to answer any questions between parents and teens prior to the USS ENTERPRISE Deployment 2006.

The key to any successful deployment is preparedness'. Communication is vital to prepare your goals and family plans. This newsletter can help guide you by focusing topics that are important to you!

Included in this edition are:

Challenging questions for teens to ask their sailor prior to deployment.

Checklists to help aide in planning ahead.

Communication tips to aide in overall deployment success.

By providing you with this variety of information we hope your family can benefit by continuing to bond prior to deployment and long after the reunion. A successful relationship during deployment for you our Enterprise Teen and your USS Enterprise Sailor is vital to the success of the Navy's' mission.

We your USS Enterprise Command Family Ombudsman team are ready and willing to help you in anyway we can. Current Ombudsman contact information is available on our Careline message at 444-9398 or 888-485-3435, option #3. You can also send us an e-mail at bigeombudsmen@yahoo.com. We look forward to hearing from you about any questions or concerns you may have during the upcoming months, and throughout the year. Wishing you Smooth 2006 Deployment,

Your Ombudsmen Team

Contents

Ombudsmen Letter	1
Captain's Note	1
Rituals	2
Suggestion for Teens	
During Deployment	2
Top Ten Deployment Tips	3
Talking About Deployment	3
Mail Center Note	3
Package Sense	3
Deployment Checklist	4
Email and Thanks Info.	4



Rituals

Family rituals are customs and traditions that your family takes part in together regularly. They can be special, such as celebrating a birthday each year with a chocolate frosted layer cake, or more routine, such as sharing the evening meal. Rituals are important because they:

- Strengthen family connections and reinforce family values.
- Give a family a sense of security that comes from knowing what to expect, and when.
- Give a family its own "personality" and sense of being unique and special.
- Help family members cope during challenging times, such as a deployment.

"If your family has important rituals, ask them to continue these while you are gone, if possible. But also come up with some new ones to follow during your deployment."

One very stabilizing factor is in continuing family rituals. Don't stop Friday movie night, or Saturday outings because the parent has deployed. If anything, become more predictable in continuing traditions. Family bowling night, attendance at fellowship places of worship, and involvement in events with other families are important ways to maintain a sense of stability and continuity.

If your family has important rituals, ask them to continue these while you are gone, if possible. But also come up with some new ones to follow during your deployment. Doing so will help bridge the miles that separate you. Look at the following ideas, and pick a few you think would be meaningful to you and your family. Be sure to stick with them throughout your deployment so they will take on the meaning and importance of family rituals.



Join a club, sport, or activity. Check with your family or community support center on base, a local church or other house of worship, or a community recreational facility. A sport may also be fun for you, and offer your family a chance to meet other parents while cheering you on at games. Clubs and local activities can also provide you with a great outlet for staying busy during deployment, making time pass quickly until reunion.



Sending letters, e-mails, and care packages on a regular basis to communicate events, goals, local news, and fun information you want to share with your deployed sailor is a great ritual. Try making logs in a Deployment Journal for you sailor to read upon reunion.



Learn and practice techniques for stress management: Whether it's a funny movie with friends every weekend, a yoga class at the ASYMCA, a short walk, or a quiet cup of tea at the end of the day, learn how to manage the stress

Top Ten Deployment Tips

1. Talk as a family before deployment.
2. Maintain firm routine and discipline in the home.
3. Initiate and maintain a close relationship with the school and the child's teacher and/or coaches.
4. As the remaining parent, make sure you take care of yourself.
5. Help children understand the finite nature of a deployment by devising developmentally appropriate time-lines.
6. To children, no news is worse than bad news.
7. Listen to a child's worries about the deployed parent and answer questions as truthfully as possible.
8. Bestow, rather than "dump", responsibilities on remaining family members.
9. Continue family traditions and develop new ones.
10. Make plans for the family to reunite as soon as possible and include the deployed parent in the plan.

Talking About Deployment

Talking about deployment can be helpful to all family members to establish a sense of stability. The questions below are suggestions for assisting you and your sailor in a discussion of how the separation may affect you. Make sure you allow plenty of time to give yourself, and your sailor the opportunity for discussion. Negotiations of family rules, responsibilities, boundaries, and expectations may take a while to plan. Make several times to talk to ensure firm goals are in place, and to also discuss any issues that may not come up in the first discussions.

- When are you leaving, and when will you be back?
- How will I get to my activities, and to see my friends?
- How will we talk if you are gone and how often?
- What do I do in an emergency, who will take care of us?
- What will my responsibilities be?

Common reactions to talking about deployment are:

- Helpless feeling as if you have no control over the situation.
- Stressed due to increased responsibilities
- Crying over anxiety, anger, guilt
- Loss of appetite, stomach ache, trouble sleeping, nightmares, restlessness
- Denial of the parent deploying, lying to others
- Being negative, disobedient, and disrespectful
- Anger toward parents
- Refusing to have contact with absent parent
- Making early separation from parent prior to deployment/ hiding in room, excluding self from family bonding times

Mail Center

Don't forget to number your letters. Some letters may arrive quickly while in ports, while others may take a while and can get mixed up in shipping. Numbering saves time and confusion in messages sent to your sailor.

Call the Careline with your Deployment Questions

Careline message at 444-9398 or 888-485-3435, option #3.

We're on the Web!

www.enterprise.navy.mil

Email:

bigeombudsmen@yahoo.com





bigenewsletter@yahoo.com

Before parent Goes on Deployment

- ☐ Let your parent know you love.
- ☐ Talk to your sailor about them leaving and how you feel.
- ☐ Ask your parent about their job, and if possible visit the ship prior to deployment.
- ☐ Make a one on one "date" with you and your deploying parent to establish a special memory and bond.
- ☐ Take picture and make copies you both can have during deployments.
- ☐ Discuss goals.
- ☐ Plan how to celebrating events during deployment.

Staying in Touch

Staying in touch takes a lot of planning ahead. Try some of the ideas below to help during deployment.

-  Burn a CD of favorite music and send it to your deployed sailor.
-  Send a book for the United Through Reading Program and wait for your video.
-  Make a list of things you want to share and include them in an email or letter.
-  Send pictures of events you participate in, news clippings, cartoons, & drawing to give them a taste of home.

Deployment Checklist for Teens

Thanks to all those for your assistance with this edition of The Arrival.

USS ENTERPRISE
COMMAND

Fleet and Family
Support Centers

Enterprise Enlisted
Family Support Group

Sources:

<http://www.militaryonesource.com/ctim/index.aspx?ctim=105.371.1144.13198>

www.familydomain.com

F.F.S.C. Readiness Planner
2005

Package Sense

Here is a sample of ideas, and suggestions for package/letters for your USS ENTERPRISE sailor.

Theme Packages. Make it all one color scheme with ribbon, etc. If they like a cartoon character, for example, send a DVD of the cartoon and a card with the character on it. Using your computer/or craft paints you could make a t-shirt or hat with the character on it. You can also decorate the outside of the box with stickers relating to your theme.



Blow up a balloon, but don't tie it. Holding it closed, use a permanent marker to write a saying or a short letter on the balloon. Deflate it and send with a



Don't forget to include a note inside your package with contents list, the ships address and your sailors' information in case of problems during shipping.

USS ENTERPRISE Mailing Address
Rate Last Name, First Name of Sailor
USS ENTERPRISE CVN 65
Dept./Div Box Number